

Transcripts of Seth Session tracks on the Enclosed CD

Introduction to Seth

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The Seth recordings were not made in a studio. This transcript will help you to follow along with Seth's voice as you listen to the CD.

Track 3 – SETH - Excerpt from Class Session 10/3/72 From The Seth Audio Collection SAC Vol I Tape/CD #1

Your beliefs form reality. Your individual beliefs and your joint belief... And, if you believe, in very simple terms, that people mean you well, and will treat you kindly, they will. And, if you believe that the world is against you, then so it will be in your experience. And, if you believe, IF YOU BELIEVE THAT YOU WILL BEGIN TO DETERIORATE AT 22, then so you shall.

And, if you believe that you are poor, and always will be, then so your experience will so prove to you. Your beliefs meet you in the face when you look in the mirror. They form your image. You cannot escape your beliefs. They are, however, the method by which you create your experience. When I speak to you about beliefs, you think of negative beliefs, you see...

The very joy of your being speaks of your positive beliefs. So, I did not mean you to concentrate upon the negative beliefs that you have with that in mind. I want you to see where your beliefs conflict with each other. I want you to examine, for the first time in this life, your conscious mind, and its contents... You all pride yourselves on being conscious creatures. Then I am telling you to be aware of the contents of your conscious mind - a simple enough request. You are only now beginning to know how loaded it is! It is all available.

The beliefs are not buried unless you believe that they are. The thoughts and feelings and emotions that guide you are not lost in a dark closet of your mind, but quite there if you are willing simply to look. It is all available, and in its own way it is all creative, and it is all constructive, and it is all there for you to see and use and recognize.

Now I have said this in my book, but I have only begun to say it! The hobble-goblins' are not down deep in the unconscious. You do not have to play hide and seek with psychologists to find them. They are not buried in your past in this life or in any other life. You are not bound by promises given. You are not bound by false beliefs. You are free conscious beings. And so, hopefully, you will learn how to be joyful conscious beings. And, when you are, then you will not be afraid of the inner self, and you will freely let in data from the outside world and the inside world, being quite secure in your position.

It is important that you here realize that you are not at the mercy of the unexplainable, that you are not at the mercy of events over which you have no control whether those events are psychological events or physical ones, in your terms. As I have told you, there is little difference if you believe that your present life is caused by incidents in your early infancy or caused by past lives over which equally you feel you have no control. Your events, your lives, your experiences, are caused by your present beliefs. Change the beliefs and your life changes..

Track 6 – SETH - Excerpt from Seth Class Session 5/15/73

"Your godliness speaks through your creaturehood. It is not debased, and no entities took upon themselves the disreputable descent into matter! Your souls are not slumming! You are not

the garbage heap of the universe. You are yourselves becoming. And you are creating, in your way, a unique reality in which, in your terms, each moment is miraculous and, in your terms, forever new - in which your own identities are forever original and unduplicated and composed of atoms and molecules that are themselves unique, original, and unduplicated. And your atoms and molecules are not slumming! You are not cosmic princesses and prince who come down here to immerse yourselves in lives of sorrow and degradation - who wear physical bodies of great weight, gross and sinful!

You are spirits who express yourselves through the miraculous joy of flesh, who create the creation unknown, in your terms, before - that is in its way, eternal. Who bring to the universe a reality unknown, in your terms, before and yet eternal. Who wear your badge of identity a joy and exaltation through which the flesh sings.

And those who tell you that physical life is evil, do not know of what they are speaking. And those who tell you that you have original sin, do not know what original creation is. As I have told you before, those who speak to you in terms of guilt, in whatever terms - ignore them! Those who tell you that to be spiritual is not to be physical, do not understand the great spiritual, biological nature of your being. They have not listened to the song that your physical organ sing.. They have not dreamed in their minds, using the physical neurons. They have not sparkled within themselves like stars. And so, experiencing night, they think that existence is dark.

Open up those eyes that you have! Perceive the reality that you know, and it alone leads you into other realities that are also your own. Gods indeed couched in creaturehood - and for a reason. You have legs: use them! You have consciousness: use it! You have minds: use them! And use your joy - and smile!

You know what I am about to do now, but for you, listen to the vitality of your own being, be alert to your own vitality, and let it ring through the reality of your thoughts and sensations, and it will lead you where you want to go and where you are. But forget your profundity, and do not fear shadows, and forget what you have been told of good and evil, and be your alive vital self in which the godhood of yourself dwells."

Track 8 – SETH - Excerpt from Class Session 7/12/75
From The Seth Audio Collection Tape/CD #7

"And each of you, to some degree or another here, believe, that the universe is not safe , and therefore you must set up your defense against it. Now, the one line, official consciousness, with which you are familiar, says, "The world is not safe. I cannot trust it. Nor can I trust the conditions of experience, or the conditions of my own existence, nor can I trust myself. I can look at a squirrel and rejoice, but I cannot look at myself and rejoice, for, lo, I am filled with iniquity, and I am, to some extent, evil, and I must hide myself. I am not only evil, as myself, but I come from a tainted and flawed race... and my father and my mother is tainted before me, and I send these tragic flaws on before me into the future, and therefore I must need protect myself, and I must set up my defenses in whatever way I can, to protect myself in a universe that I cannot trust, and to protect myself from a self that is evil and flawed." And, as long as you hold to those beliefs, then in whatever way you must need set up defenses...

...You have an entire civilization and world set up about those beliefs I have just given you--that the universe is not safe; that you must defend yourselves from enemies that come from without, and worse of all, from enemies that are within. And, so, indeed do you feel uneasy and set up your barriers, and run as fast as you can, in whatever way given you, from those enemies that are the result of a one line official kind of consciousness.

As long as you believe that you dwell in a universe that is a threat, you must defend yourself against it. As long as you believe that the self is flawed, and that your race is damned and evil, you must also defend yourself against yourself, and how can you then trust the voice of the psyche? And, when I say to you, "Be spontaneous," how dare you take that step....

The official line of consciousness forms a world about it, and you perceive and experience that world, and it will always show you the results of the beliefs that are inherent in the official line of consciousness. While you devote yourself to that official line of consciousness, the world will always appear the same - evil, disastrous, bound only for damnation, whether through nuclear destruction, or the greater judgment of a fundamental god...

The one line stage of consciousness was necessary for reasons that Rubert has clearly given in his own new book. But that stage contained within it, its own impetus. It set up challenges that could not be solved at that stage of consciousness, and that would automatically lead you into other strands of awareness. Only then can those contradictions make sense. Only then can you say, individually, and listen now, "I live in a safe universe."

You need not say, "The universe is safe." For, at your present level, that will only enrage you! You say, instead, "I live in a safe universe," and so you shall. And those defenses that you set up against threats will crumble, for they will not be needed."

Track 10 – SETH - Excerpt from Class Session 12/4/73

From The Seth Audio Collection Tape/CD #26

"When you let yourself go, you are yourself. You forget what you have been told you should be, you forget must, and shall, and should, and you are, as a bird or a flower or a god is. You possess eternity in a moment. You recognize your own being. You are what you are, in those moments.

Many of you believe that the intellect has one primary purpose, and if there is one imaginary sign in your mind that would be painted by the intellect, according to your beliefs, the sign would say, "Stop, look, listen."

For you believe that the prime purpose of the intellect is to criticize. You do not believe the intellect is to be creative or imaginative or explorative; it is your stop watch. When you become too creative, it says, "STOP." Not because that is the purpose of the intellect, but because you believe that it is.

Now, when you are yourself, you tune into what can be called the Spacious Mind or the Higher Intellect, in which your intellectual faculties and your imaginative faculties work together, and there is no division between them. Then you are, and you know that you are. You do not have to question what you are doing. Your intellect then is like a beam of light leading your imagination and your emotion, and it does not say STOP, but GO!

Track 12 – SETH - Excerpt from Class Session 5/14/74

From The Seth Audio Collection (Vol I) Tape/CD #4

"Now I tell you, that in basic terms, civilization is dependent upon the spontaneity and fulfillment of the individual. Your civilization is in sad straits. Not because you have allowed spontaneity or fulfillment to individuals, but because you have denied it, and because your institutions are based upon that premise. You think that, left alone, the natural inclinations of man would destroy civilization. Then, what indeed started civilization if not the natural inclinations of man? What began the cooperation that allows people to unite even in tribes if not the natural inclination of man? If you learn to trust your being, then you will be able to trust your institutions and your civilizations. You equate spontaneity with irresponsibility, abandon with evil. If you abandon yourselves to yourselves, then what good would seem to spring out of the heavens of your being! Your world is not in dire straits because you trust yourselves, but precisely because you do not. Your social structures are set up to fence in the individual, rather than to allow the natural development of the individual."

Track 14 – SETH - Excerpt from Class Session 3/7/72
From The Seth Audio Collection Tape/CD #24

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 “Now, none of you are basically afraid of failure; you are not afraid that your quest for truth will have no rewards; you are afraid of much more mundane things. You are afraid of playing the fool. You are afraid of letting go. You are afraid of not being dignified. You are afraid of not being prissy. You are afraid of not being conventional. You are afraid that someone will laugh. All of this means that you do not trust the inner self, your own identity: that you have little faith in yourself. And until you have faith in yourself, you can have no real faith in the universe or in All That Is.

Many of you do not know what you feel or what your opinions are, though you think that you do; for you accept the opinions of others. Until you free yourself you cannot free others; you cannot be free in the reality that you are now making. A flower does not need to give itself a sermon on the good of the sun. It does not have to convince itself that the universe is a good thing. It is itself joyfully, in trust and faith.

Now, I put it to you- to all of you - that in many ways the smallest cell in your left ear has more faith than you do in the nature of reality, for it is itself. Therefore, be yourselves and do not set up barriers against what you are. You are part of All That Is. Once you recognize this fact, there are no barriers that you need set up against yourself. You cannot want to probe into the inner reality that is your own being on the one hand, and be afraid of it as a dungeon of evil on the other....The blades of grass do not bow down their heads in repentance, and as one of the Sumari songs states, the gods do not come kneeling. Then do not come kneeling, but with the realization that you are uniquely original; uniquely a part of All That Is; and do not cringe before others or before yourselves.

And to show you what an adult Rubert is and what an adult I am and how holy and spiritual and dignified we can be, then once again be joyful with me and let the vitality that sings through this form sing also through your own, for the same energy is available to you. And the stars sing, they do not cry. And your cells sing: listen to them, and forget much that you have been taught... Now, I know that all of you can quite easily become conscious in the dream state and I expect you to do so. You are missing some fascinating encounters.

If you could but appreciate your own uniqueness and indeed perfection at this moment in the same way that you can appreciate the affection and the perfection of an animal, then you would have some idea of what you are. Look at yourselves as you would look at a beloved friend. Be as gentle to yourselves as you would be to a beloved friend. Then you will not fear yourselves so deeply. And now I bid you a fond good evening, and may all the energy that is yours make itself known to you, and may you be as playful and blessed as the cell, the smallest cell within your ear; as playful and blessed as the gods are; and as playful and blessed as the inner self that is yourself.

Now, before Rubert closes class: He does not like the word "soul" but I do. Now, you may use the word "entity" if you prefer, but the soul is not something that you have; it is not something that you save or lose; it is not something like virginity that is given up and then regretted; it is not a cherished heirloom that you hide in the closet away from strangers; it is what you are. You do not suddenly get a soul at death; you have it now because you are it now. The soul does not begin to perceive at death. It and you perceive now. You do not have to wait until death to find out what the soul is. Know yourself now, and you know what your soul is. And with those weighty words, I close my session, and Rubert can close the class as he wishes. My peace to you, and that peace that I cannot give you, you will have to get for yourselves.”

Seth's first book (SETH SPEAKS) is available for 50% off at www.sethlearningcenter.org
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